

WHEN PAIN HAS PURPOSE

Trusting God While Standing in the Middle of the Battle



SCRIPTURE FOCUS

- Romans 8:28
- Isaiah 43:2
- 2 Corinthians 4:17
- James 1:2-4
- Jeremiah 29:11



DEVOTIONAL THOUGHT

Some seasons feel like survival. The weight feels unbearable. The heartbreak feels personal. And the questions seem endless. There are battles that wound deeply—betrayal, disappointment, broken trust, grief, uncertainty, trauma, loss.

And in those moments, it can be difficult to understand: How could any of this possibly work for my good?

But Romans 8:28 does not say: all things are good, all things feel good, or all things make sense immediately.

It says: God works all things together for good.

Even the painful things. Even the hidden things. Even the things that tried to break you. God has a way of taking what was meant for destruction and using it for transformation.



PAIN CAN BECOME PURPOSE

Sometimes God allows seasons that shake us—not to destroy us, but to draw us closer to Him. Pain gets our attention. Suffering exposes what needs healing. And hardship pushes us into deeper dependence on God.



GOD DOES HIS BEST WORK IN BROKEN PLACES

There are wounds only God can heal. There are burdens only God can carry. And there are transformations only God can produce. Sometimes we enter a season one way—and leave it completely changed.



WHAT WE MUST REMEMBER

The enemy wants suffering to harden your heart, steal your hope, and make you believe your story is over. But God uses suffering differently. He uses it to develop perseverance, deepen faith, reveal truth, and shape us into who He has called us to become.



THE BATTLE MAY BE PAINFUL... BUT IT IS NOT PURPOSELESS.

If you love God and are walking with Him—or even if He is using this season to call you back to Him—none of this is wasted. God can redeem broken places, painful seasons, wounded hearts, and shattered circumstances. And somehow, in only the way He can... He works it all together for good.



WHAT PAIN IS TEACHING ME

"We also glory in our sufferings, because we know that suffering produces perseverance." — Romans 5:3

Pain is not wasted when it is used by God to:

- ✗ get my attention
- ✗ expose what needs healing
- ✓ push me into deeper dependence on Him
- ✓ transform me in ways only He can
- prepare me for purpose



"When you pass through the waters, I will be with you..." — Isaiah 43:2

He is with me in the pain. He has not abandoned me.



A NECESSARY DISTINCTION

"For our light and momentary troubles are achieving for us an eternal glory..." — 2 Corinthians 4:17

There is a difference between:

- suffering (which is real and painful)
- and God's purpose (which is eternal)

One is temporary. The other has eternal impact.



FINAL REFLECTION

Maybe this season is heavy. Maybe you are carrying heartbreak, disappointment, uncertainty, or exhaustion.

But if you love God and are walking with Him—or even if He is using this season to call you back to Him—none of this is wasted. God can redeem broken places, painful seasons, wounded hearts, and shattered circumstances. And somehow, in only the way He can...

He works it all together for good.



JOURNAL PROMPT

Where have I been focusing more on the pain than on the possibility that God is still working through it?



PRAYER

Father,

When this season feels heavy, remind me that You are still working. Help me to trust You even when I do not understand what You are doing. Heal what is broken. Restore what has been wounded. And transform me in the ways only You can. Remind me that no season is wasted in Your hands. And even when I cannot yet see the purpose—help me trust that You are still working all things together for good. In Jesus' name, Amen.

